

What is an Annual Wellness Visit?

An Annual Wellness Visit is a yearly appointment with your primary doctor or nurse practitioner to discuss your health history, review your medications and immunizations, and discuss any concerns you have about your health or any changes in your health. They may also recommend tests to get more information about your health. There is no cost to you for this visit.

In addition to your Annual Wellness Visit, there are other regular check-ups that are important for your health, like eye exams and dental exams.

Why is this important?

Annual wellness exams are essential to your health. Your healthcare provider will work with you to review your current health problems and make a plan to keep you as healthy as possible. There are several important medical screening tests that doctors use to check for diseases and health conditions before there are any signs or symptoms. Screenings help find problems early on when they may be easier to treat. Getting recommended screenings is one of the most important things you can do for your health.

Are you ready to take control of your health? Schedule your appointments today.

☐ **Annual Wellness Visit**

Date/Time: _____

☐ **Colorectal Cancer Screen**

As recommended by your healthcare provider.

Date/Time: _____

☐ **Mammogram**

Every 2 years for women ages 50-74 or as recommended by your healthcare provider.
Screening for women ages 40-49 only if advised by your healthcare provider.

Date/Time: _____

☐ **COVID Vaccine**

Dose 1: _____ Dose 2: _____

Booster: _____

☐ **Seasonal Influenza Vaccine:** _____

☐ **Vision Exam**

Recommended every 1-2 years

Date/Time: _____

☐ **Dental Exam**

Cleaning and exam every 6 months. Once per year if you have dentures.

Date/Time: _____

As recommended by your healthcare provider:

☐ **Lung Cancer Screening** _____

☐ **Cholesterol Screening** _____

☐ **Diabetes Screening** _____

☐ **Blood Pressure Screening** _____

☐ **Osteoporosis Screening** _____

☐ **Prostate Cancer Screening** _____